



Cobdogla Primary School

Providing a Caring & Challenging Environment

Principal – David Ness
2-12 Dolan Street Cobdogla
dl.0721.info@schools.sa.edu.au

Governing Council Chairperson – Taylor Swinstead
8588 7131
www.cobdoglaps.sa.edu.au

Principal's Message

Newsletter issue: 1 term 1, January 30, 2024

Dear Parents/Caregivers,

Welcome everyone to the 2024 school year. I hope you all had a restful and relaxing time over the Christmas and New Year break and enjoyed time with your family. A warm welcome to the new students and families starting at our school. I look forward to getting to know you all.

New Students

We currently have 100 students enrolled in 5 classes across the school. A special welcome to the following new students and their families: Reception – Aria, Hunter, Mark, Owen, Ruby, Sophie.M, Alfie, Alora, Ivy, Leo.Sa, Leo.Sv, Matthew, Sophie.S, Thaiquien and Emmy and in Year 3– Aleyah.

Welcome back

Thank you to our teachers and SSOs who have done an outstanding job preparing their classrooms/work spaces and being ready to implement their teaching and learning programs. A big welcome to our new staff member Katelyn Boughen (Year 3 teacher).

Family Info/BBQ Night

Our upcoming Family Information and BBQ Night is scheduled for this Monday February 5th, from 5:45pm. This event promises to be a fantastic opportunity for families to come together, enjoy a BBQ night, and gather essential information about their children's classes. We encourage all families to attend and take advantage of this occasion to meet teachers, ask questions, and gain insights into the upcoming year.

Right Bite Food Policy

The school adheres to the Department, Right Bite Food Policy, which assists schools to promote healthy eating. As part of the policy there is maximum of 2 occasions per term, where students can be provided with red category food, such as during a celebration or event that involves the school community. We therefore ask that students do not bring in confectionary/lollies or cakes into to the school to celebrate birthday parties.

School Uniform Policy

It has been great to see all our students coming to school and wearing their school uniform with pride. The school has a uniform policy set by the Governing Council. A reminder that makeup, nail polish and jewellery is not suitable for school. For safety reasons long hair is expected to be tied back and suitable footwear is a requirement for active play.

OSHC

Happy Haven OSHC Cobdogla is a service available to our students, it operates after school from 3:15–6:00. For more information you can visit the website:

<https://www.happyhaven.sa.edu.au/cobdogla>

SAPSASA Swimming

A number of students have been trialing for SAPSASA Swimming at lunch time with Miss Owens. The Riverland SAPSASA Swimming Carnival will be held on Tuesday, February 20 @ Loxton Pool.

Governing Council AGM

The Governing Council AGM, will be held on Tuesday 20th February at 7pm. All interested Parents/Carers are invited to attend. If you wish to nominate for Governing Council please inform the front office staff.

Regards,

David Ness
Principal

*Respect

*Honesty

*Responsibility

*Personal Best

REMINDERS

Upcoming Events

Monday February 5 – Family Info/BBQ night

Friday February 9 – Uniform orders due

Friday February 9 – Playgroup commences 9–10.30am

Tuesday February 13 – Pancake Day

Tuesday February 20 – SAPSASA Swimming

Tuesday February 20 – Governing Council AGM @ 7pm

Friday February 23– JAM BAND Performance

Friday March 1 – Year 6 Aquatics

Friday March 1 – Clean up Australia Day

Friday March 8 – Student Free Day

Monday March 11 – Adelaide Cup Public Holiday

Week 8 – Harmony Week / NAPLAN

Thursday March 21 – Harmony Day

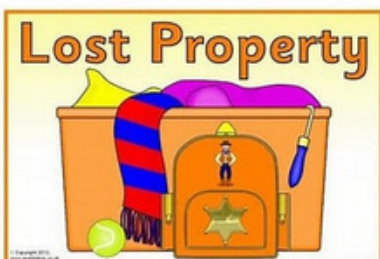


Swimming Pool

REMINDER

Our pool is heated and teachers may chose to take their class swimming, so please ensure your child brings **all their swimming needs every day**, including goggles. *Thank you*

Lost Property



We still have quite a few items from last year in our lost property box. *Please* check the box to see if any items belong to your child. We have the box located outside the font office this week. Any items not collected by the end of the week will go into our second hand cupboard.

Please always ensure all your child's items are clearly named. This includes, lunch boxes, water bottles, hats, uniforms and any items required for swimming eg. bathers/ towels/goggles.



ClassDojo

SCHOOL NEWS

Student Attendance /Absentees

Attendance at school is imperative to student learning. By continually missing days or coming to school late your child may miss important steps in their learning.

Please remember, when a student is arriving late or leaving early, **they must be signed in or out through the front office.** This information is shared with child/s teacher and documented by the front office staff.

Class Dojo

We encourage all families to connect and share any relevant information including absentees/early pick ups/appointments with Admin and the class teacher.

Please check Dojo and your emails regularly as we will continue to send home any important updates via these portals.

Please note; it is a Department requirement that schools must be advised of any student absence as soon as possible.

A medical certificate is appreciated if your child is unwell has been to the doctors. If your child is going to be absent for 3 or more days, an exemption form needs to be completed and approved by the Principal. Please see office staff for any queries.

Library News

Just a reminder that books may be borrowed for 2 weeks only. Please ensure that the books are returned within the timeframe so that others may borrow them. If a book accidentally gets damaged please bring it in to the school for repairs. The Premier's Readers Challenge will begin soon. Happy Reading!

Student Uniform Orders

If you wish to place a uniform order, please notify the front office by the end of week 2, Friday 9th February.

Playgroup

Playgroup is FREE and is held on Friday mornings during the term from 9-10.30am in the Multipurpose / OSHC Room. (school days only) All children aged 0-5 are welcome to attend. The first session for this year will begin next Friday February 9th. For further information please contact the school, 85887131.



We are pleased to announce that Cobdogla Primary School is continuing our "Breakfast Club" each Friday morning from 8:30am to 8:50am.

All students are welcome to attend.

This will operate from the school kitchen/art room and the school eating area.

Toast and spreads, cereals, milo and fruit will be on offer.

Brenton Poole (PSW) is coordinating this activity at the school.

Thank you to Foodbank Berri for their support in supplying ingredients for our breakfast club.



Lunch orders available
Wednesdays and Thursdays
through Qkr app!

Iceblocks

Berri Quelch Iceblocks are available for sale at lunchtimes from the wet area, 50c each.



SCHOOL NEWS



Year 3

Welcome to Aleyah!

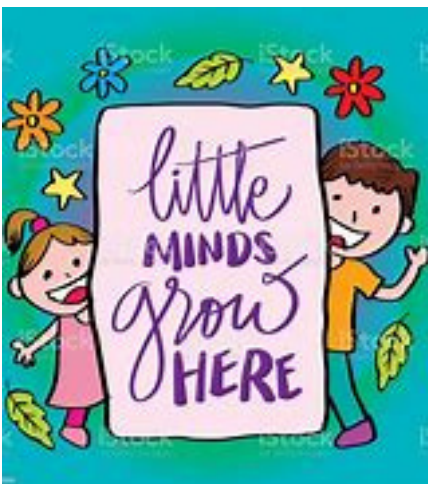


A special welcome to our new students and their families.
We are excited to have you at Cobble School!



Our new Receptions

Welcome to Leo Sav, Sophie S, Ruby, Alfie, Alora, Sophie M,
Hunter, Mark, Thaiquien, Matthew, Leo Sven,
Emmy, Ivy, Owen and Aria (absent)



SCHOOL NEWS

Meet the Teacher **Miss Katelyn Boughen**



About me :

Hi to the Cobdogla Primary School community! I'm Miss Boughen and I am so excited to be the Year 3 teacher this year. I have a Bachelor of Early Childhood Education and have taught all year levels, from Preschool to Year 4, across my 13 years at Karoonda Area School. My partner and I have lived in Nildottie for 11 and half years now and I grew up on my family's farm at Sandalwood where I am still heavily involved in our sheep stud, Kamora Park Poll Merinos. I love photography, coffee, earrings, boots and river life with friends. I have previously enjoyed playing netball and tennis, but only returned to the tennis court briefly since tearing my ACL, dislocating my knee and spraining my ankle all in the one netball incident about 8 years ago. I look forward to meeting you all and to having an amazing year at Cobby!

SCHOOL NEWS



From 2023 an Autism Inclusion Teacher was appointed in every public primary school (including reception to year 12 schools). This is a nation-leading initiative that aims to build educator understanding and knowledge around supporting autistic children and young people.

I am excited to reintroduce myself as the Autism Inclusion Teacher at Cobdogla Primary in 2024. Last year saw me complete various tasks in this role which included:

- Over 30 hours of personal training and development
- Over 10 hours of staff training
- Participating in ongoing collaborative workshops with the Autism Inclusion Teachers Network
- Collecting school Data and analysing students results
- Talking with and working with all children about their needs and wants

This year I am keen to develop a more hands on approach with all students to support our school community. This will include:

- Setting up weekly lunch time elective groups that include activities such as craft, Minecraft, games, lego and Just Dance for all students
- Working with the Self-regulation unit
- Setting up and maintaining safety plans for all students to help them identify strategies to use when they are feeling distressed
- Posting regular updates here in the school newsletter to supply tips for home and community life
- Working directly with students and supporting their individual needs.

I am looking forward to the year ahead and can't wait to begin!

Tori Parrotta



Wellbeing Corner

Mindfulness Monday

held lunchtimes in the 'Hub' (previously Mrs Smarts room)

Each Monday lunchtime I will be holding "Mindfulness Monday" sessions for students.

What is mindfulness?

Mindfulness is a whole body-mind state of awareness that involves "tuning in" to the present moment, with openness and curiosity, instead of 'tuning out' from experience. Mindfulness is a state of being fully awake to life-being aware and undistracted in the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future-which is often our brain's default mode.

Mindful awareness is something that we all possess and that can be strengthened through practice. Mindfulness can be developed through formal sitting meditation practices, or through informal everyday mindfulness activities that use the senses to anchor the attention: such as mindful walking, listening to music, eating or conversation. Mindfulness is a clinically proven tool to support wellbeing and mental health by reducing stress and allowing life to be experienced more fully.

Why practise being mindful?

The way we interact with our kids has a huge impact on the way they think about themselves and their levels of personal resilience. Ellen Langer and team, a world-renowned mindfulness researcher found that children not only prefer to interact with mindful adults, but actually devalue themselves following interactions with mindless adults (Langer, Cohen & Djikic, 2010).

The benefits of mindfulness with children

Research shows that mindfulness training increases connectivity in the frontal lobe of the brain, which is linked to improved attention, memory processing and decision making abilities. Mindfulness training involves tuning in to internal and external experiences with curiosity resulting in increased self-awareness, social awareness, and self-confidence. Mindfulness training increases children's ability to self-regulate their emotions, especially difficult emotions such as fear and anger, through breathing and other grounding techniques. Mindfulness has been shown to improve empathy or the ability to understand what another person is thinking or feeling, which improves children's awareness of others and helps them to build positive relationships. Mindfulness and childhood mental health Mindfulness training has been shown to reduce the severity of depression, anxiety and ADHD in children. Mindfulness builds resilience by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.

I look forward to working with students, to develop skills enabling them to be be more mindful.

Mrs Gillespie





Brenton's Blurb

WELCOME!

Welcome to school for 2024 everyone. As we move back into routines and schedules as students start school for the first time or start in a new year level there is often anxiety, both in children and parents. As parents we want the best for our children at school and sometimes we have doubts whether we will be up to the task as a parent. We all need a little help and information at times so I have included in our first newsletter an article which may help and give a little confidence as we embrace this new school year.

All the best

Brenton

This is an excerpt from The Scaffold Effect, a new book by Harold S. Koplewicz, MD, the president of the Child Mind Institute.

When our kids are young, our job is to be fixers, protectors, and social secretaries. We childproof the house so they can't get under the sink and block the stairs, so they don't fall down. We set up playdates and throw their parties. We call their teachers when there's a problem. But at some point, along the way, the parents' job changes, without warning or indication, and we become consultants. Our job then is to help them find solutions for themselves.

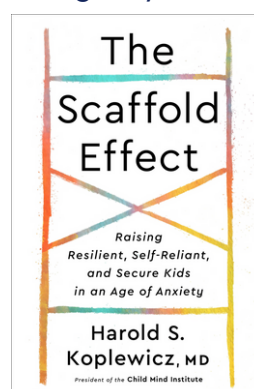
Shifting from "fixer" to consultant is a major change, and you might have a hard time with that. As parents, we're socialized for the fixer/protector role, to step in and take care of the problem. If your kid falls down and scrapes his knee, your instinct is to put a Band-Aid on it, and say, "It's okay, sweetie. I'll make it better." Then they go back to playing and you feel good about having done your job as a fixer well.

However, you can't put a Band-Aid on a social rejection or a failure experience. There is no instant fix when a twelve-year-old girl is suddenly cast out of her friend group, or when an eight-year-old boy struggles to memorize math tables and starts to believe he's stupid. You can't protect a child from the trials of life. But you can give your kid armor by teaching him to advocate for himself, and thereby develop the grit he needs to survive and succeed.

If your child gets a poor grade on a test, for example, a fix-it parent would say, "You should call the teacher to talk about what happened. You should meet with your friend who's great at math and get some tutoring. You should study harder." You should, you should, you should. Listen to how you talk to your child. When you hear that phrase, be aware that you are in fix-it mode, essentially choosing and handing him tools.

To scaffold, parents support and encourage the child to learn how to select the right tool for the particular task all by himself. He might choose wrong, and then you can guide him to evaluate why that particular tool wasn't the best choice. Next time, he'll try something new.

It's not that you are letting him hang out there on his own. You are standing by and collaborating with him to come up with his own solutions. Instead of his depending on you for answers, you will guide him to come up with ideas about how he can do it for himself.



Brenton's Blurb continued...

The Growth Zone

A psychological state is often called “a zone.” In the active construction site that is your child’s development, it helps to be aware of her various zones, as well as which are the safe and unsafe areas.

The Comfort Zone. This is a no-anxiety, no-stress figurative place where a person feels safe and secure, believes he’s in control, and can do any social, emotional, behavioral, or academic task easily, without help from parents or teachers. In the Comfort Zone, a child can build confidence and self-esteem. He is secure doing the activity; he enjoys it because he’s proficient. It might feel good to hang out here; it might be a bit boring, too. Since growth comes from learning new things, and learning requires you to be vulnerable in your ignorance and inexperience, the child will have to leave the Comfort Zone in order to grow.

The Growth Zone. Maximal learning and growth happen in the area just outside the Comfort Zone, when the child is reaching and stretching to acquire new skills. Russian educational psychologist Lev Vygotsky believed that educating children in the “zone of proximal development”—just beyond their current capacity, not too far from where they already are—inspires kids to become independent problem solvers and self-motivated learners. The theory holds up in the context of scaffolding a child’s emotional, social, and behavior learning as well. Learning, aka growth, an ongoing process of reaching for more, is always empowered by parent-child collaboration. You’re in it together, but once your child learns what he needs to learn, he can move on, and up, to the next level, while you cheer him on from the near distance of the scaffold.

Failure Is an Option

For your kids, you scaffold their current and future growth by teaching them to take risks, despite the very real possibility of going splat.

Labeled praise plays a major part here. If you want your kids to be more proactive and prosocial, you have to praise them when they try. Be careful about what you praise, though. If you praise success, your kids learn to think that failure is bad. But failure isn’t good or bad. It’s just one possible outcome.

Emily, a fourteen-year-old girl with severe anxiety disorder, always became extremely worried in the days leading up to her midterm and final exams. Her mother Diana’s reaction to her daughter’s stress was to tell Emily to study harder, but that wasn’t helpful. Obsessive studying was a symptom of Emily’s anxiety, not a coping, calming strategy. It was like giving a drug addict permission to smoke more crack.

We coached Diana to scaffold Emily with nonjudgmental validation and by presenting failure as just a thing that sometimes happens, to say to her daughter, “I hear you. You’re worried that you’re going to fail. Maybe you will, and that’s okay.”

With the “death threat” of failure off the table, Emily could turn her deficit (anxiety) into an asset (productivity). She still prepared twice as much as her peers and always met with teachers for reassurance. But by telling herself failure was fine, by releasing that valve, the destructive “I can’t do this!” anxiety was gone. Diana had to send the same message many times. But eventually, the message sunk in, and Emily, now a young woman, flings herself into intimidating job opportunities. “Failure isn’t fatal,” she said. “I’ll just try again.”

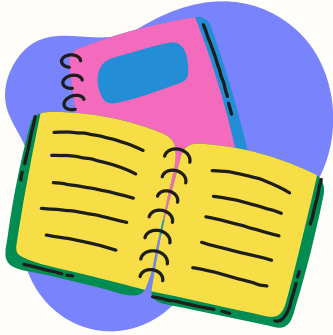
A parent’s fear of failure and rejection on the child’s behalf leads to the parent riding to the rescue to save the day, by doing his homework, calling teachers and coaches, taking care of every tiny thing for their kids. The irony of swooping in is that parents believe they’re helping their kids by preventing pain. But what they’re actually preventing is growth.

Excerpt from The Scaffold Effect: Raising Resilient, Self-Reliant, and Secure Kids in an Age of Anxiety.
Copyright © 2021 by Child Mind Institute, Inc. Published by Harmony Books, an imprint of Penguin Random House.

Learn more about The Scaffold Effect here.

<https://nam04.safelinks.protection.outlook.com>

Family Information and BBQ night



Monday 5th February



Parent / Carer Information Sessions

from 5.45- 7pm

6:00 – 6:15 Rec Class

6:15 – 6:30pm Year 1/2 Class

6:30 – 6:45 Year 3 Class

6:45 – 7:00pm Year 4/5 Class

7:00 – 7:15pm Year 5/6 Class

**If you can't make it for
tea we would love to see
you at our sessions!**



**An invitation
is extended to all
families to attend...**

Our Family Information & BBQ Night Monday 5th February 2024

Barbecue Tea 5.45 – 7pm

The school will be providing meat, plates,
cutlery, salads, bread and sauce

Please BYO soft drinks

Reminder

return reply slip by this Friday

We hope to see everyone for a
MEET GREET and EAT!

To help us cater for the night, please complete
and return the reply slip (sent home on Monday)
by this Friday February 2nd.

Thank you.

SCHOOL NEWS

the *Carly Ryan* foundation. APP FACTS

FORTNITE

FORTNITE

Age Rating in
the App Store:

15+

Age rating according to app provider

Fortnite is a video game for PlayStation 4, Xbox One, Windows, Mac and mobile allowing up to 100 users per game onto an island/map to build structures, hunt for weapons and equipment. Players are dropped onto the game map and must compete to be the last one standing.

There are three modes of play in Battle Royale: Solo, Duo and Squad.

Challenges

Micro transactions

There are opportunities for players to spend real money on items in the game.

Fortnite encourages a membership upgrade called a Battlepass, as well as in-game currency called V-Bucks to buy bonus items. You can buy things like new looks and new dances. Most platforms allow you to block in-app purchases via parental controls, so be sure to set up yours if you don't want your kids maxing out the credit card. CRF recommends using a pre paid credit card or gift card for in-app purchases.

The game's online chat feature (especially in Battle Royale) can expose younger players to offensive language, mature content and contact from strangers. CRF doesn't recommend games with open chat for kids under 13.

How do I turn off voice chat?

Open the Settings menu in the top right of the Fortnite home page by selecting the three bars, then the cog icon. Choose the audio tab at the top of the screen. From there, you can adjust several audio features, including voice chat. Turn the setting from on to off by tapping the arrows. You will need to take steps to make sure your child isn't exposed to the inappropriate language of other players by keeping them in solo mode or ensuring that they're teaming up with friends.

To report




Users can report other users for harassment, inappropriate language, bullying and hacking. Just click 'Email Us' and fill out the required fields. After selecting the Product and Game Mode, select Report Player as the Issue Type. This will make sure these reports are directed to the correct team.


If a user wants to delete a 'friend' within the game they can simply go to the icon on the top right of the screen with the three figures and select the user and click 'unfriend'. There is no way to block a user in the game. If a user is harassing another user they should follow the appropriate steps above to report them.

Like any online game, Fortnite can be a positive social activity that keeps kids connected to their friends (not to mention a great potential bonding experience if you choose to play with your child). Just be mindful of screen time and monitor that chat. We always encourage open conversations around privacy and personal safety.

App Fact Sheets available from
the Carly Ryan Foundation. Please email:
info@carlyryanfoundation.com

carlyryanfoundation.com

 TheCarlyRyanFoundation  @thecarlyryanfoundation  @TeamCarlyCRF

 Carly Ryan Foundation Inc 2020



We understand that putting children into OSHC isn't always a desire, it's a necessity. Respecting this, we strive to make children feel nurtured, providing opportunities to grow and develop as confident individuals by exploring their world through play.

COBDOGLA


ENROL NOW

1. Scan the QR code
2. Enrol on our website
3. Download the Happy Haven OSHC App
4. Activate account on desktop
5. Access and manage all information on app



NEED HELP?

 happyhaven.sa.edu.au

 08 8155 5444



**HAPPY
HAVEN**
OSHC

**COBDOGLA
IS HIRING
QUALIFIED EDUCATORS**

WHAT IS REQUIRED?

1. Working with Children Check
2. Masterclass RRHAN-EC
3. First aid training
(HLTAID004 or HLTAID012)
4. CPR training
(HLTAID001 or HLTAID009)
5. Recognised Diploma or
2 years FT teaching degree

WHY WORK WITH US?

- ✓ Career Progression
- ✓ SA Owned and Operated
- ✓ Flexible Hours
- ✓ Rewarding Roles
- ✓ Adult and School Traineeships
- ✓ Admin Support = less paperwork!
- ✓ Build your Career Network



happyhaven.sa.edu.au

COMMUNITY NEWS



MR REEKS'
*Wonderful
FANTASTIC
Magical*
ART CLASSES

Young people will learn how to draw and paint with specialised teaching.

INTRODUCTORY OFFER
10 Lessons for \$100 (Materials \$10)
Monday, Tuesday & Wednesday after school
Commencing 6th February through to 10th April

3:30-4:30 (8 to 9 year olds)
4:40-5:40 (10 to 12 year olds)
5:50-6:50 (13+ year olds)

ONLY 10 STUDENTS PER CLASS

Monday Venue: Our Lady of the River Art Room, Berri
Tues & Wed Venue: St Joseph's School Art Room, Renmark

Contact Greg Reeks for further enquiries on:
Phone: 0403 697 315
Email: gregorygreeks@gmail.com



2024 TRIALS **Cobby Netball Court**

Wednesdays

14/02 | 21/02 | 28/02

5:30pm - 6:30pm Juniors born 2007 - 2015

6:30pm Seniors

Please register at PlayHQ using this link:

<https://www.playhq.com/netball-australia/register/84cbb0>

or searching for Cobdogla Netball Club

COMMUNITY NEWS

BERRI BARMERA
LIBRARY SERVICE

Berri Barmera
COUNCIL

Inventive

Explore

Make

Colour

Get Creative
with the Barmera
Theatre Gallery
Artists

Experiment

Imagine

suitable for 8 years +

Explore different styles of art,
learn new techniques and create
original artworks

Get Creative

FREE

Tuesday's 4:00-5:00pm

at Barmera Library

February 6

February 20

March 5

March 19

bookings appreciated 8588 2872